

## NSLP Meal Pattern

### National School Lunch Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> -Weekly minimum	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
<b>Vegetables (total)</b> -Weekly minimum	3½ cups/week (¾ cup daily minimum)	3½ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
<b>Fruits</b> -Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Weekly minimum -At least half whole grain beginning School Year 2012-13 -All whole grain beginning School Year 2014-2015	8 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	550 – 650	600 – 700	750 - 850
<b>Saturated Fat (% of total calories)</b> -Weekly average	<10%	<10%	<10%
<b>Sodium**</b> -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving

### National School Lunch Meal Pattern – 3 day week

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> -Weekly minimum - maximum	5-6 oz equivalent/week (1 oz daily minimum)	5.5-6 oz equivalent/week (1 oz daily minimum)	6-7 oz equivalent/week (2 oz daily minimum)
<b>Vegetables (total )</b> -Weekly minimum	2 ¼ cups/week (¾ cup daily minimum)	2 ¼ cups/week (¾ cup daily minimum)	3 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1 cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	¼ cup/wk	¼ cup/wk	¼ cup/wk
<b>Fruits</b> -Weekly minimum	1.5 cups/week (½ cup daily minimum)	1.5 cups/week (½ cup daily minimum)	3 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Weekly minimum - maximum -At least half whole grain beginning School Year 2012-13 -All whole grain beginning School Year 2014-2015	5-5.5 oz equivalent/week (1 oz daily minimum)	5-6 oz equivalent/week (1 oz daily minimum)	6-7 oz equivalent/week (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	550 – 650	600 – 700	750 - 850
<b>Saturated Fat (% of total calories)</b> -Weekly average	<10%	<10%	<10%
<b>Sodium**</b> -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving

### National School Lunch Meal Pattern – 4 day week

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> -Weekly minimum - maximum	6.5-8 oz equivalent/week (1 oz daily minimum)	7-8 oz equivalent/week (1 oz daily minimum)	8-9.5 oz equivalent/week (2 oz daily minimum)
<b>Vegetables (total )</b> -Weekly minimum	3 cups/week (¾ cup daily minimum)	3 cups/week (¾ cup daily minimum)	4 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
<b>Fruits</b> -Weekly minimum	2 cups/week (½ cup daily minimum)	2 cups/week (½ cup daily minimum)	4 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Weekly minimum - maximum -At least half whole grain beginning School Year 2012-13 -All whole grain beginning School Year 2014-2015	6.5-7 oz equivalent/week (1 oz daily minimum)	6.5-8 oz equivalent/week (1 oz daily minimum)	8-9.5 oz equivalent/week (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	550 – 650	600 – 700	750 - 850
<b>Saturated Fat (% of total calories)</b> -Weekly average	<10%	<10%	<10%
<b>Sodium**</b> -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving

### National School Lunch Meal Pattern – 7 day week

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> -Weekly minimum - maximum	11-14 oz equivalent/week (1 oz daily minimum)	12.5-14 oz equivalent/week (1 oz daily minimum)	14-17 oz equivalent/week (2 oz daily minimum)
<b>Vegetables (total )</b> -Weekly minimum	5¼ cups/week (¾ cup daily minimum)	5¼ cups/week (¾ cup daily minimum)	7 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
<b>Fruits</b> -Weekly minimum	3½ cups/week (½ cup daily minimum)	3½ cups/week (½ cup daily minimum)	7 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Weekly minimum	11-12.5 oz equivalent/week (1 oz daily minimum)	11-14 oz equivalent/week (1 oz daily minimum)	14-17 oz equivalent/week (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	550 -650	600 – 700	750 - 850
<b>Saturated Fat (% of total calories)</b> -Weekly average	<10%	<10%	<10%
<b>Sodium**</b> -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving

#### NSLP Meal Pattern Foot Notes

1. A typical week equals five school operating days. SFAs that regularly operate for six or seven days must increase the weekly requirements by 20 percent for each additional day. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days.
2. Calories, saturated fat, and sodium limits listed apply to the average daily amounts found in a week of reimbursable lunches. They do not apply to each individual meal or per student.
3. Upon State agency Administrative Review, menus must be analyzed and must meet the current nutrient standards (find guidance in Additional Resources).
4. *Trans* fat is restricted to zero grams of *trans* fat per serving.
5. Potable water must be available and accessible without restriction to children at no charge in the place(s) where lunches are served during the meal service.